

Keep Wellness Simple with Dr. Bri

Spiritual & Emotional Health Devotional

Our spiritual and emotional health are deeply intertwined. When we take time to nurture our faith, we strengthen our resilience, peace, and clarity — even in seasons of challenge. These scriptures remind us that growth often comes through endurance, that God’s wisdom is unsearchable, and that His voice still guides us when our hearts are still. Take a few moments with each passage below to reflect, release, and realign your mind and spirit.

James 1:1–4 (AMP)

James, a bond-servant of God and of the Lord Jesus Christ, To the twelve [Hebrew] tribes [scattered abroad among the Gentiles] in the dispersion: Greetings (rejoice)!

Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing.

Personal Reflection: _____

1 Corinthians 4:5 (AMP)

So do not go on passing judgment before the appointed time, but wait until the Lord comes, who will both bring to light the secret things that are hidden in darkness and disclose the motives of the hearts. Then each one will receive his [just] commendation from God.

Personal Reflection: _____

Colossians 2:7 (AMP)

Having been deeply rooted [in Him] and now being continually built up in Him and [becoming increasingly more] established in your faith, just as you were taught, and overflowing in it with gratitude.

Personal Reflection: _____

Romans 11:33 (AMP)

Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are His judgments and decisions and how unfathomable and untraceable are His ways!

Personal Reflection: _____

John 10:27 (AMP)

The sheep that are My own hear My voice and listen to Me; I know them, and they follow Me.

Personal Reflection: _____

Mark 13:11 (AMP)

When they take you and hand you over [to the authorities], do not worry beforehand about what you are to say, but say whatever is given you in that hour; for it is not you who speaks, but it is the Holy Spirit who will speak through you.

Personal Reflection: _____

Isaiah 46:4 (AMP)

Even to your old age I am He, And even to your advanced old age I will carry you! I have made you, and I will carry you; Be assured I will carry you and I will save you.

Personal Reflection: _____

More Reflections _____

Closing Affirmation / Prayer

Lord, help me stay rooted in Your peace.
Remind me that every trial is a tool for growth,
every delay is part of Your divine timing,
and every moment is an invitation to trust You more deeply.
Strengthen my spirit, calm my emotions,
and teach me to walk in wisdom, joy, and unwavering faith.
Amen.

KeepwellnessSimple.com

Simplifying Medications • Promoting Wellness • Empowering Families